

Infectious Diseases (AK 35-USDA 352)

Explain to Participant

You're enrolled in the WIC program today because within the last 6 months, you had an infectious disease such as tuberculosis, pneumonia, meningitis, parasites, hepatitis, HIV or AIDS, 3 or more episodes of bronchiolitis/RSV, or others. When you have an infectious disease, your body needs more nutrients.

Goal

The goal is to promote making good food choices of high nutritional quality that can help you recover from your medical condition.
The Nutritionist will be contacting you to find out what your health care provider has recommended.

Suggestions for Reducing Risk

Follow your health care provider recommendations.
Refer to a Registered Dietitian (RD).
Eat a variety of foods from all the food groups.
Eat high calorie healthy snacks like peanut butter, cheese, whole milk and shakes.
Explain the nutrition education material suggested.

Nutrition Education Material Suggested Explain Applicable WIC Foods

Using the Dietary Guidelines For Americans...for good health

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein
Iron Fortified Infant Formula	Protein, Calcium, Vitamins A & C, Iron
Iron Fortified Infant Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information